Why employee stress should worry employers

Stressed workers cost employers billions – weekly

More than 70% of employees spend valuable work time worrying.

#1 causes of STRESS FOR INDIVIDUALS

- 29% job
- 24% finances
- 17% health of spouse/partner/children
- 9% family
- 8% elderly family member’s health
- 5% safety

Weekly time spent at work THINKING ABOUT STRESSORS

- 28% under 1 hour
- 50% 1 to 5 hours
- 16% 5 to 10 hours
- 6% over 10 hours

IMPACT ON WORK

- 41% said it made them less productive
- 33% said it made them less engaged
- 15% admitted to looking for a new job because of stress
- 14% said it made them absent more frequently

LEARN MORE

about how you can make wellbeing a priority at the workplace.
ColonialLife.com/Stress


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